

Kingsport Senior Center News

October 2014

Volume XXII Edition 10

**1200 East Center Street
Kingsport, Tennessee 37660**

2014 Halloween Party

Friday, October 31, 2014

Cafeteria

1:00p.m.-2:30p.m.

Free!

**Don't forget to wear your best costume for the
costume contest!**

Light refreshments will be served

Sign up starts October 1.



Center News

Open Door Policy

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments,, and questions from members.

Kingsport Senior Center Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

The Kingsport Senior Center is located at 1200 E. Center Street at the Renaissance Center.
For more information call the Center at (423) 392-8400
<http://seniors.kingsporttn.gov>

Center Hours

Monday thru Friday 8:00am ~ 7:00pm
Saturday 9:00am ~ Noon

Lynn View Senior Center Branch Site
257 Walker Street
Kingsport, TN 37665
(423) 765-9047

***NEW* Hours: 9am to 2pm - Monday-Wednesday**
Closed: Thursday and Friday
(See Branch Site Page for more information)

***The Exercise Room and Computer Lab will close 15 minutes prior to the closing of the Center.**

Membership Dues
For Fiscal Year
July 1, 2014-June 30, 2015

\$15 ~ Kingsport Residents
\$35 ~ Sullivan County Residents
\$60 ~ Out-of-County Residents

Must be at least 50 years of age to join.

"The Fun Begins at 50!"

Kingsport Senior Center Staff

Director ~ Shirley Buchanan
shirleybuchanan@kingsporttn.gov
392-8403

Branch Coordinator ~ Cindy Price
cindyprice@kingsporttn.gov
392-8402

Lori Calhoun ~ Secretary
loricalhoun@kingsporttn.gov
392-8400 **FAX 224-2488**

Program Leader ~ Michelle Tolbert
michelletolbert@kingsporttn.gov
392-8404

Wellness Coordinator ~ Kevin Lytle
kevinlytle@kingsporttn.gov
392-8407

Program Leader ~ Marlana Williams
marlanawilliams@kingsporttn.gov
392-8405

Program Assistant ~ Jane Whitson
janewhitson@kingsporttn.gov
392-8406

Program Assistant ~ Amber Quillen
amberquillen@kingsporttn.gov
343-9713

Nutrition Site Manager ~
246-8060

WELLNESS

WELLNESS SEMINARS

Put Arthritis Pain in its Place:

Cathy Walker with Smoky Mountain Home Health & Hospice will be at the Center on **Tuesday, October 28, 2014** at 12:30 pm in the Card Room. Topic of discussion will be “Put Arthritis Pain in its Place ”: This seminar is sponsored by the National Council on Aging & the Arthritis Foundation. The seminar will offer ideas & tips to live better lives while dealing with arthritis pain. There will pamphlets given out on different information with phone numbers and web addresses of organizations that can offer advice and help in dealing with arthritis pain. This is an event you will not want to miss, so mark your calendar and plan to attend!

Medicare 101:

Andrew Price with Mackie Financial Group will be at the Center on **Tuesday, November 4, 2014** at 12:30 pm in the Card Room. Topic of discussion will be “Medicare 101 and How It’s Changing for 2015”: This seminar will provide you with valuable information about the up coming changes to Medicare. This is an event you will not want to miss, so mark your calendar and plan to attend!

How to Control High Blood Pressure:

Sharon Bowser, RN with Smoky Mountain Home Health and Hospice will be at the Center on **Thursday, November 6, 2014** at 12:30 pm in the Card Room. Topic of discussion will be “How to Control High Blood Pressure”: You will be provided some valuable information on different ways to control your blood pressure. Also blood pressure checks will be offered. All members are invited to attend.

Health Insurance:

Andrew Price with Mackie Financial Group will be at the Center on **Tuesday, November 18, 2014** at 12:30 pm in the Card Room. Topic of discussion will be “Health Insurance for 64 and Younger, Figuring Out What to do With the Affordable Care Act”: This seminar will provide you with valuable information about health insurance. This is an event you will not want to miss, so mark your calendar and plan to attend!

How to Control Diabetes:

Sharon Bowser, RN with Smoky Mountain Home Health will be at the Center on **Tuesday, December 16, 2014** at 12:30 pm in the Card Room. Topic of discussion will be “How to Control Diabetes”: This seminar will provide you with valuable information on different ways to control your diabetes. Also blood pressure checks will be offered, so mark your calendar and plan to attend!

Woodshop Safety Class

Woodshop safety class is held every 1st Monday of the month in the Card Room at 9:00 am, sign up in the office.

FIRST DISTRICT SENIOR OLYMPICS

The First district Tennessee Senior Olympics is a special event for seniors 50 and older that combines a wide range of competitive activities. The objectives of the Senior Olympics are to recognize people who have achieved and maintained good health throughout their lives, promote physical fitness and the pursuit of lifetime leisure activities, and provide opportunities for fun, recreation and fellowship. The following counties are included in the First District:
***Carter *Greene *Hancock *Hawkins *Johnson *Sullivan *Unicoi *Washington**

The 2014 first TN District dates: October 13 - October 17, 2014. Track & Field at Liberty Bell Track, Johnson City: Saturday, October 11th. Golf tournament, Cattails at Meadowview, Kingsport: Wednesday, October 22nd.
For more information contact, Teresa Sutphin, Coordinator. Phone: 423-722-5120
Email: tsutphin@ftaaad.org / Web site: www.tnseniorolympics.com

LUNCH & LEARN

Cassie Parrish, Volunteer Coordinator with Amedisys Hospice will be at the Center on **Thursday, October 30, 2014** in the Card Room from 11:00 am to 12:00 pm with lunch to follow at 12:00 pm. Topic of discussion will be “Living Wills Five Wishes”: Five Wishes is the first living will that talks about your personal, emotional and spiritual needs as well as your medical wishes. It lets you chose the person you want to make health care decisions for you if you are not able to make them for yourself. This is an event you will not want to miss, so mark your calendar and plan to attend! You must reserve a seat to attend. Stop by the office and sign up, there is a limit of 30 seats available.

Veteran to Veteran Volunteers

Kim Smith, Volunteer Coordinator and Patricia York, Veterans Specialist with Wellmont Hospice will be at the Center on **Tuesday, December 2, 2014** at 12:30 pm in the Card Room. Topic of discussion will be “Veteran to Veteran Volunteers”: Wellmont Hospice has joined We Honor Veterans, a program of the National Hospice and Palliative Care Organization and the Department of Veteran Affairs, to empower hospice professionals to meet the unique needs of dying Veterans.

Volunteer Benefits:

- *Free Training
- *Flexible Hours
- *Free Annual Flu Shot
- *Volunteer Support
- *Ongoing education related to end of life and Veteran issues
- *Volunteer Appreciation Events
- *Recognition or our Veteran Volunteers

Mark your calendar, all members are invited to attend.

Daily Activities and Classes at the Center

Monday

Lap Swimming ~ 9:00~Aquatics Center
SilverSneakers Classic~ 8:15 ~ Gym
Tai-chi ~ 8:30 ~ Room 310
Massage Therapy ~ 9:00-3:00 ~ Multipurpose Room ~ (appointment only)
Open Woodshop ~ 9:00
Quilting ~ 9:00 ~ Room 303
High Impact Aerobics ~ 9:15 ~ Gym
Camera Club ~ Go to www.scphotogroup.com
Happy Day Singers ~ 9:45
Clay, Beginning Hand building / Wheel Demonstration ~ 10:00 ~ Clay/Ceramic Studio
Strength Training ~ 10:15 ~ Gym
Knitting ~ 1:00 ~ Room 303
Table Tennis ~ 1:00 ~ Gym
Volleyball ~ 4:00 ~ Gym

Tuesday

Lap Swimming ~ 9:00~Aquatics Center
Massage Therapy ~ 9:00-3:00 ~ Multipurpose Room ~ (appointment only)
Zumba Fitness ~ 8:15 a.m.
Mini Cardio ~ 8:45 ~ Room 302
Ceramics ~ 9:00 ~ Ceramics/Clay Room
Strength Training ~ 9:30 ~ Gym
Basket weaving ~ 10:00 ~ Room 303
Renaissance Strings ~ 10:00 ~ Atrium
Sing Along ~ 10:15 ~ Cafeteria
Exercise for Everybody ~ 10:30 ~ Gym
Beginning Dulcimer ~ 11:00 ~ Atrium
Shuffleboard ~ 1:00 ~ Ceramics Hallway
Pickleball ~ 1:00 ~ Gym
Basketball ~ 4:00 ~ Gym
Ballroom Video Class ~ 4:30pm ~ Room 302

Wednesday

Lap Swimming ~ 9:00~Aquatics Center
SilverSneakers Classic~ 8:15 ~ Gym
Tai-chi ~ 8:30 ~ Room 310
Open Woodshop ~ 9:00
High Impact Aerobics ~ 9:15 ~ Gym
Clay, Intermediate / Advanced ~ 10:00 ~ Clay/Ceramic Studio
Strength Training ~ 10:15 ~ Gym
Intermediate Clogging ~ 11:15 ~ Room 302
Hand and Foot Card Game ~ 12:30 ~ Card Room
Belly Dancing ~ 1:00 ~ Room 302

Table Tennis ~ 1:00 ~ Gym

Thursday

Lap Swimming ~ 9:00~Aquatics Center
Zumba Fitness ~ 8:15 a.m.
Mini Cardio ~ 8:45 ~ Room 302
Ceramics ~ 9:00 ~ Ceramics/Clay Studio
Woodcarving ~ 9:00 ~ Room 303
Strength Training ~ 9:30 ~ Gym
Beginning Clogging ~ 10:00 ~ Room 302
Exercise for Everybody ~ 10:30 ~ Gym
Intermediate Dulcimer ~ 11:00 ~ Atrium
Beginning Belly Dance ~ 11:30 ~ Room 302
Jam Session ~ 12:30 ~ Cafeteria
Volleyball ~ 1:00~ Gym
Piano lessons ~2:00 ~ Multipurpose room (appointment only)
Pickleball ~ 4:00 ~ Gym

Friday

Lap Swimming ~ 9:00~Aquatics Center
SilversSneakers Classic~ 8:15 ~ Gym
Genealogy Group ~ 9:00 ~ Computer Lab
Open Woodshop ~ 9:00
High Impact Aerobics ~ 9:15 ~ Gym
Strength Training ~ 10:15 ~ Gym
Pickleball ~ 1:00 ~ Gym
Bridge Group ~ 1:00 ~ Card Room
Mahjong ~ 1:30 ~ Multipurpose Room

Saturday

Basketball ~ 9:00 ~ Gym
Table Tennis ~ 10:30 ~ Gym
Exercise Room ~ 9:00-12Noon

Aquatic lap swim time has changed
beginning on September 2nd.
Time is not exclusive to the Senior Center, however Senior Center members can use this time at no cost to them.
New time: 9:00a.m.-12noon

TRAVEL AND SPECIAL EVENTS

Game Day “Ticket to Ride”- Monday, October 20, 2014– Card Room– 12:30p.m.-2:00p.m.– Cost: FREE– Facilitated by Bill Munsy– Learn to play the board game “Ticket to Ride”- **Sign up begins September 24.**

Dessert & Learn– Tuesday, October 21, 2014– Cafeteria– 12:30p.m.-1:30p.m.– Cost: FREE– Sponsored by Appalachian Federal Credit Union– **Sign up begins October 1.**

Crockpot Apple Butter-Wednesday, October 22,2014– Lounge– Cost: \$2.00 paid at sign-up– Learn how to make crockpot apple butter and how to make no fail biscuits– Instructor: Theresa Connors– **Sign up begins October 1.**

Bluebirds 101– Thursday, October 23, 2014– Card Room– 10:00a.m.-12:00noon– Cost: FREE– Learn how to attract blue birds to your yard and how to help with bluebird housing on the green-belt– **Sign up begins September 23.**

Seminar: Normal Aging vs Memory Loss- Thursday, October 23, 2014– Card Room– 12:30p.m.-1:30p.m.– FREE– Speaker: Tracy Kendall-Wilson, Home Instead. Discussion about the difference in forgetfulness being normal or whether something else could be going on. Knowing the difference between Alzheimer’s disease and dementia. **Sign up begins October 3.**

Five Oaks Shopping– Wednesday, October 29, 2014– Pigeon Forge, TN– 8:30a.m.-5:00p.m.– Cost: \$8.00 plus lunch on your own– **Sign up began September 1.**

West Town Mall Shopping– Thursday, November 20, 2014– Knoxville, TN– 8:30a.m.-5:30p.m.– Cost: \$8.00 plus lunch on your own– **Sign up began September 3.**

Beginning Drawing

Friday, October 24, 2014
Room 303
1:00p.m.-4:00p.m.
Cost: \$20.00 paid to instructor
Instructor: Anne Thwaites
Minimum of one participant required for class to go
Learn how to draw with basic drawing exercises.
Sign up began August 26.

Bob Ross Style Painting

Wednesday, October 15, 2014
10:00a.m.-12:00p.m.
Room 303
Cost: \$50.00 paid to instructor
Jay Holdway
See example in display case.
Bring your lunch.
Sign up began August 20.

Cooking with Tracy

Monday, October 6, 2014
Lounge
11:00a.m.-12:30p.m.
Cost: \$2.00
Sign up begins Oct. 1

TRAVEL AND SPECIAL EVENTS

Ashville Art Museum Tour and Thomas Wolfe Tour

Friday, October 17, 2014

9:00a.m.-5:30p.m.

Ashville, NC

Cost: \$8.00 plus lunch on your own

Day of trip: \$4.50 for museum entry fee and \$2.50 for Wolfe House

Sign up began September 3

****Spots still available****

ETSU TN Quilt Tour at Reece Museum & "Weather of 7000 Years Ago"

Wednesday, November 19, 2014

9:00a.m.-4:30p.m.

Johnson City and Gray, TN

Cost: \$5.00 plus entrée fee and lunch on your own at BoneFish Grill after lecture

Sign up begins on October 7.

Wohlfahrt Haus Presents: "Holiday Spectacular"

Wednesday, November 12, 2014

9:45a.m.-6:00p.m.

Wytheville, VA

Cost: \$45.00 All Inclusive

Enjoy a delicious Holiday feast before you are completely emersed in the Christmas season. Our Holiday Spectacular is stuffed with all the Christmas songs you know and love as well as dazzling dance numbers and beautiful costumes. This fun-filled Holiday production also features a breath-taking Nativity which is sure to put the whole family in the Christmas Spirit. Don't miss Virginia's favorite Christmas tradition.

Sign up begins on October 3.

Barter Theater Presents: "Holiday Memories"

Thursday, December 4, 2014

10:30a.m.-6:00p.m.

Abingdon, VA

Cost: \$32.00 plus lunch on your own

Lunch at Red Lobster

Imagine a morning in late November. A coming of winter mornings many years ago..." as we enter into the memories of Truman Capot's boyhood, when he was sent to live with distant relatives in Alabama. His best friend is eccentric 67-year old Miss Sook, who has never left the country, seen a movie, or told a lie. Capote's autobiographical stories "The Thanksgiving Dinner" and "A Christmas Memory" have delighted readers for generations, and now they're brought to life on stage just in time for the holiday season.

Sign up begins November 5.

Your Page

From the Dancing Corner

The October dance, sponsored by Friends of the Kingsport Senior Center, will feature LIMITED EDITION band on Friday evening, October 10, 2014. Line dancing will begin at 6:30 PM with the band starting at 7:00 PM. Admission is \$5.00 per person.

Friends of the Kingsport Senior Center presents

October Dance

Friday 10/10/2015 6:30-10 PM

Music By:
Limited Edition



Renaissance Center
1200 E. Center St.
Kingsport, TN

\$5/person
Contact: 423 288-2668

Limited Edition has performed for audiences of all ages for over 30 years. Bruce Rush sings and plays the keyboard while Bink Rush plays guitar and occasional banjo.

Using the latest digital audio and synthesizer technology, the band plays a large variety of styles to suit very diverse musical tastes. "Something for Everyone". Although the music is especially selected for dancing, Limited Edition recognizes that a dance is primarily a social event. With that in mind, the PA system and amps are set to create a full sound for dancing, while, at the same time, adjusted to a comfortable volume to allow people to hear and carry on a conversation throughout the venue.

Limited Edition believes the most important part of any dance or social event is THE AUDIENCE. It is YOUR PARTY !!

Join your friends at the Renaissance Center in Kingsport on October 10th.

Massage Therapy

Mondays and Tuesdays
9:00a.m.-3:00p.m. with Barbara Keesecker
call 423 - 735-7475
30 minute massage
Cost: \$20.00
Call to schedule appointment

Chinese Class

****Beginner Class****

Class 1: Sept 3-Nov 12, 2014 (11 lessons)

****Intermediate Class****

Class 2: Sept 3-Nov 12, 2014 (11 lessons)

****Conversational Chinese****

Class 3: Sept 4-Nov 13, 2014 (11 lessons)

Location: Senior Center-Adult Education
Classes (Rm303)
1200 E. Center St. Kingsport, TN
423-392-8400

Class 1: 3:45PM-4:45PM– Wednesday
Class 2: 4:45PM-5:45PM– Wednesday
Class 3: 5:45PM-6:45PM– Thursday

\$55.00/Student; \$75.00/student with one parent (textbook not included)
\$60.00/per student for conversational Chinese class, minimum 4 students.

Contact: Jean Chang 288-2823/335-1594

Email: jeanj1chang@yahoo.com

NEWS TO USE	
<p><u>Thanksgiving Lunch</u></p> <p>Tuesday, November 25, 2014 11:30a.m.-1:00p.m. Gymnasium Cost: Bring a side dish</p> <p>Music by Harry and Jan Rose Hall</p> <p>Sign up begins October 1.</p>	<p><u>Recipe of the Month</u></p> <p><u>Yum Yum</u></p> <p>Graham Cracker Crust 8 oz cream cheese– room temp 1 c. confectioners sugar 8 oz Cool Whip– thawed 1 can pie filling– cherry or blue- berry</p> <p>Cream together cream cheese, sugar and cool whip with mixer. Spread filling over crust. Top with pie filling. Refrigerate.</p> <p>Note: You can use chocolate crust or make your own graham crust if you want.</p> <p>Recipe shared by: Velma Poore</p> <p>Do you have a fantastic recipe you would like to share? Please send them in for the recipe of the month. You can bring them by the front office or email Amber at amberquillen@kingsporttn.gov</p>
<p><u>“S.M.I.L.E” Volunteer Meeting</u></p> <p>Thursday, October 9, 2014 Room 239 2:00p.m.-3:00p.m.</p> <p>This meeting will be held every second Thursday of each month.</p>	
<p><u>Retirement Wellness Workshop</u></p> <p>Thursday, October 16, 2014 12:30p.m.-1:30p.m. Card Room FREE</p> <p>The social, mental, financial and physical components.</p> <p>Sign up begins October 3.</p>	

Computer Class Schedule

Basic Computer: Mondays Oct. 6, 13, 20 at 1:00p.m. Cost: \$25.00

Microsoft Word: Fridays Oct. 10, 17, 24, 31 at 1:00p.m. Cost: \$25.00

Cloud Computing: Wednesday, Oct. 15 at 9:00a.m. Cost: \$5.00

E-Bay and Auctions: Wednesday, Oct. 22 at 9:00a.m. Cost: \$5.00

Internet Security: Wednesday, Oct. 29 at 1:00p.m. Cost: \$5.00

PowerPoint: Tuesdays Nov. 4, 11, 18, 25 at 1:00p.m. Cost: \$25.

Twitter– For the birds or me?: Saturday, October 11, 2014. 9:00-11:30a.m. Cost: \$10.00 paid to instructor. Instructor: Jamie Cypers.

Medicare Part D Enrollment Event– S.H.I.P

November 13th and 18th

Computer Lab

9:00a.m.-12noon

45 minute time slots available

Make an appointment in the front office beginning on Oct. 3.

Manicures

Tuesday, November 11, 2014
Multipurpose Room
11:30a.m.-2:00p.m.
Cost: \$2.00

Dobyns-Bennett cosmetology students

Sign up begin October 10.

**KARAOKE:
Tuesday, October 21, 2014**



SMILE: Volunteers Wanted

(See Michelle if interested)

- Library Book Day
- Volunteer Instructors
- Welcome Center: Tour guides/Greeters for Center
- Exercise Room
- Entertainment
- Program Liaison
- Computer Lab
- Nutritional Assistant

Attend SMILE meeting- Thursday, October 9th at 2:00 in Room 239.

**Library Book Day
Thursday, October 16, 2014**

Fall Session Classes 2014		
<p>Classes begin week of August 25, 2014—week of November 17, 2014, unless otherwise noted.</p> <p>Aerobics</p> <ul style="list-style-type: none"> Monday, Wednesday, Friday (ongoing) Time: 9:15am - 10:00am Location: Gym Instructor: Terri Farthing Lo-hi Impact Aerobics <p>Ballroom Video Class</p> <ul style="list-style-type: none"> Tuesday Time: 4:30pm - 6:00pm Room 302 <p>No instructor, practice on own</p> <p>Basket weaving</p> <ul style="list-style-type: none"> Tuesday Time: 9:00am-12:30pm Location: Room 303 Instructor: Lynne Bowers 	<p>Belly Dance for Beginners (Women Only)</p> <ul style="list-style-type: none"> Thursday Time: 11:30am-12:30pm Location: Room 302 Instructor: Angela Price <p>Belly Dancing - (Women Only)</p> <ul style="list-style-type: none"> Wednesday Time: 1:00pm Location: Room 302 Instructor: Angela Price Great for your abdominals <p>Camera Club</p> <p>Please visit website for meeting times. Instructor: Claude Kelly Website: www.scphotogroup.com</p> <p>Ceramics</p> <ul style="list-style-type: none"> Tuesday and Thursday Time: 9:00am - 11:00am Location: Ceramic/Clay Studio Instructor: Mary Lamson Please remember your annual \$10 firing fee <p>Clay (Beginning Hand building / Wheel Demonstration)</p> <ul style="list-style-type: none"> <u>Monday Beginning Aug 25 - Nov 17, 2014</u> <u>Sign up starts August 11th</u> Time: 10:00am-3:00pm Location: Ceramic Room Instructor: Aleta Chandler Fee: \$30.00, plus \$10.00 firing fee Pay at signup; no refunds Class will include un-instructed lab time on Tuesdays (Aug 26– Nov 25, 2014) from 1-3 p.m. This lab time will be used for practice. 	<p>Clay (Intermediate Hand building)</p> <ul style="list-style-type: none"> <u>Wednesday beginning Aug 27 – Nov 20, 2014</u> <u>Sign up starts August 11th</u> Time: 10:00am-3:00pm Location: Ceramic Room Instructor: Aleta Chandler Fee: \$30.00, plus \$10.00 firing fee Pre-requisite must have taken beginning hand building. <p>Clogging - (Beginning)</p> <ul style="list-style-type: none"> Thursday Time: 10:00am-11:30am Location: Room 302 Instructor: Angela Price Must have 8 new beginners Sign up in office <p>Clogging - (Intermediate)</p> <ul style="list-style-type: none"> Wednesday Time: 11:15am Location: Room 302 Instructor: Angela Price <p>Dulcimer (Beginners)</p> <ul style="list-style-type: none"> Tuesday Time: 11:00am Location: Atrium Instructor: Sharon McCurry Learn to play this beautiful Instrument <p>Intermediate Dulcimer</p> <ul style="list-style-type: none"> Thursday Time: 11:00am Location: Atrium Instructor: Mark Farmer <p>Exercise for Everybody</p> <ul style="list-style-type: none"> Tuesday & Thursday Time: 10:30am Location: Gym Instructor: Kevin Lytle

Fall Session Classes 2014		
<p>Happy Day Singers</p> <ul style="list-style-type: none"> Monday Time: 9:45am Inspirational singing at nursing homes <p>Any member wanting to participate meet outside the senior center office each Monday at 9:00 a.m. we travel by bus to the location where we are scheduled to sing.</p> <p>Jam Session</p> <ul style="list-style-type: none"> Thursday Time: 12:30 noon Location: Cafeteria Bring your instrument and play with the group, dance or just enjoy the music! <p>Karaoke</p> <ul style="list-style-type: none"> 3rd Tuesday each month Time: 4:00pm Location: Cafeteria Bring a snack <p>Knitting Class</p> <ul style="list-style-type: none"> Monday Time: 1:00 - 3:00pm Location: Room 303 Instructor: Barbara White All skill levels <p>Lap Swimming</p> <ul style="list-style-type: none"> M-F Time: 8:00am-11:00am Location: Aquatics Center No instructor, lap swimming Locker room and warm water pool available for use. 	<p>Laughter Yoga</p> <ul style="list-style-type: none"> Tuesdays 11:00am –12:00 Noon Room: 302 Instructor: Dr. Sharmi Mentha Please sign up by August 25 in the senior center office. <p>Mahjong</p> <ul style="list-style-type: none"> Friday Time: 1:30pm Location: Multipurpose Room Instructor: Jean Chang <p>Beginners to Advanced players Welcome.</p> <p>Mini Cardio Exercise Class</p> <ul style="list-style-type: none"> Tuesday & Thursday Time: 8:45am - 9:15am Room: 302 Instructor: Roger Hixson <p>Piano Lessons</p> <ul style="list-style-type: none"> Thursdays Time: 2:00pm-4:00pm Room: Multipurpose Room Instructor: Freda Karsnak Fee: \$15.00 paid to instructor Call to schedule appointment 423-292-2711 <p>Quilting</p> <ul style="list-style-type: none"> Monday Time: 9:00am - 10:30am Location: Room 303 Instructor: John Plutchak <p>Renaissance Strings</p> <ul style="list-style-type: none"> Tuesday Time: 10:00am - 11:00am Location: Atrium Instructors: Mark Farmer <p>Rook</p> <ul style="list-style-type: none"> Tuesday 4:00pm Card Room (Bring snack to share) 	<p>SilverSneakers Classic</p> <ul style="list-style-type: none"> Monday, Wednesday & Friday Time: 8:15am - 9:00am Location: Gym Low Impact Aerobics Instructor: Terri Bowling <p>Strength Training</p> <ul style="list-style-type: none"> Monday, Wednesday & Friday Time: 10:15am - 11:00am Location: Gym Instructor: Terri Farthing <p>Strength Training</p> <ul style="list-style-type: none"> Tuesday, Thursday Time 9:30am - 10:30am Location: Gym Instructor: Kevin Lytle <p>Tai-Chi</p> <ul style="list-style-type: none"> Monday & Wednesday Time: 8:30am Location: Senior center, Room 310 Instructor: Hang Lei <p>Woodcarving</p> <ul style="list-style-type: none"> Thursdays Time: 9:00am - 12:00 noon Location: Room 303 Beginners welcome <p>Woodshop</p> <ul style="list-style-type: none"> Monday, Wednesday, Friday Time: 9:00am-2:00pm Location: Woodshop Volunteer Instructors Complete woodshop. Safety test Required, given 1st Monday of each month at 9 am. <p>Zumba</p> <ul style="list-style-type: none"> Tuesday and Thursday Time: 8:15am Location: Gym Instructor: Terri Bowling

FALL 2014 BRANCH SITE SCHEDULE

New class schedule begins September 2nd unless otherwise noted

Core Conditioning

- Monday and Wednesday
- Time: 9:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks
- Great for all ages
- Gain core strength

Beginning Crochet (Begins Sept 10)

- Wednesday
- 6 week class
- 10:30-
- Instructor: Susan Egan
- Location: Lynn View Branch Site
- \$20.00
- Must be right handed, call for materials list. 765-9047

Intermediate Crochet (Begins Sept 10)

- Wednesday
- 6 week class
- Instructor: Susan Eagan
- Location: Lynn View Branch site
- 11:30
- \$20.00
- Bring your own pattern

Beginning Drawing

- Monday
- Time: 10:00am - 12:00 noon
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Fee: \$25 Minimum 5 students
- Basic drawing class

Advanced Drawing

- Wednesday
- Time: 9:00am –11:00am
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Must have taken the beginning class or have permission of the instructor

Line Dance - Beginning

- Monday
- Time: 11:30am - 12:30pm
- Location: Boys/Girls Club (Sept 8)
- Instructor: Lyna Faye McConnell

Line Dance - Intermediate

- Monday
- Time: 12:45pm –1:45pm
- Location: Boys/Girls Club (Sept 8)
- Instructor: Lyna Faye McConnell
- Faster-paced, less instruction for advanced dancers.

Advanced Yoga

- Tuesday and Thursday
- Time: 11:00am - 11:30am
- Location: First Broad Street UMC Rec. Room
- Instructor: Tish Kashdan

Private Personal Training with Chris

- Call for appointment ~ 723-9967
- Call for prices
- Instructor: Chris Hicks

Artist and Crafters Monthly Breakfast

- 2nd Wednesday *NOTE DATE CHANGE
- 9:30am
- Lynn View Branch Site
- Please call for reservation 765-9047

Yoga

- Tuesday and Thursday
- Time: 11:30am - 12:30pm
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

SilverSneakers Muscular Strength and Range of Movement

- Monday and Wednesday
- Time: 10:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks

Piloxing

- Tuesday
- Time: 9:30am
- Location: Colonial Heights Baptist Church (Sept 2)
- Instructor: Terri Bowling
- This class is a combination Pilates and kick boxing and is an intense workout.

Total Body Workout

- Monday and Wednesday
- Time: 9:30am
- Location: VO Dobbins Community Center Gym #2
- Instructor, Terri Bowling

Game Day

- 3rd Monday of Month
- Time: 12:00 noon
- Lynn View Cafeteria
- Group Leader: TBA
- Sequence and variety of board games

Pickleball

- Monday and Wednesday
- Time: 10:00pm - 12:00pm
- Lynn View Branch Site

Silver Sneakers Yoga

- Wednesday
- Time: 11:00am
- Location: Colonial Heights (Sept 3) Baptist Church
- Instructor: Darlene Taylor

Indoor Walking



- Monday - Friday
- Time: 9:00am - 12:00 noon
- Location: Colonial Heights Baptist Church walking track
- There will be a roster in the gym office at the church. Please sign the roster as with any other class.

Silver Sneakers Yoga

Monday and Wednesday
Time: 11:00
Location: Lynn View Branch Site
Instructor: Chris Hicks

Artists Wanted

The Kingsport Senior Artisan Center is looking for a few new original artists to display and sell their work in our Artisan Center. Unique, original, hand made items will be considered. Please call for information.
Cindy at 423 392-8402 or 423-765-9047.
Visit our website
www.kingsportseniorartisancenter.com
And like us on Facebook

<div data-bbox="110 475 681 615">  <p>Kingsport Adult Education</p> </div> <p>Kingsport Adult Education classes are administered by The Kingsport Senior Center. For more information or to sign up for a class, please Call 423-392-8400. All classes are subject to cancellation if enrollment does not meet minimum numbers. Minimum number varies by class. Fees will be returned on 1st night of class if cancelled.</p> <p>JOB SKILLS</p> <div data-bbox="124 1174 514 1439">  </div> <p><u>21ST CENTURY JOB SEEKING *NEW</u></p> <ul style="list-style-type: none"> • 8 weeks • Fee \$100 • Instructor: TBA • Wednesday 6:00pm - 8:00pm • Location: Computer Lab, Senior Center • Will cover, computer basics, job search skills, resumes, cover letters, common requirements and the interview <p><u>2008 National Electric Code (Commercial) Begins September 22</u></p> <ul style="list-style-type: none"> • 8 Weeks • Fee: \$75 • Monday 6:00pm - 8:00pm • Instructor: Chris Ferrell, Electrical Inspector • Location: Renaissance Center Cafeteria <p><u>2008 National Electric Code (Residential) Begins January 26</u></p> <ul style="list-style-type: none"> • 8 Weeks • Fee \$75 • Monday 6:00pm-8:00pm • Instructor: Chris Ferrell, Electrical Inspector • Location: Renaissance Center Cafeteria 	<p><u>Beginning Heating Ventilation and Air Conditioning Certification Preparation</u></p> <ul style="list-style-type: none"> • Part I • 10 Weeks • Fee: \$165 • Tuesday 6:00pm - 9:00pm • Instructor: Jim Dotson • Location: Multipurpose Room, Renaissance Center <p>There will be one more 10 week session following this class. Upon completion of all three sessions you will be prepared to take your certification test. Must have a minimum of 5 students. Must pre-register.</p> <p><u>CULTURAL/ARTS/CRAFTS</u></p> <p><u>Card Making Workshop</u></p> <ul style="list-style-type: none"> • Instructor: TBA • Fee: \$10/includes materials • Location: Lynn View Community Center <p>You will make five cards and take materials home to make five additional cards.</p> <p><u>Beginning Chinese Class</u></p> <p>Wednesdays 11 classes 3:45 P.M. Instructor: Jean Chang Fee:\$55 per child or \$75 for child with a parent Location: Kingsport Renaissance Center</p> <p>Wednesdays 11 classes 4:45 p.m. Instructor: Jean Chang Fee:\$55 per child or \$75 for child with a parent Location: Kingsport Renaissance Center</p> <p><u>Intermediate Chinese Class</u></p> <p>Wednesdays 11 classes 5:15 P.M. Instructor: Jean Chang Fee: \$55 per child or \$75 for child with a parent Location: Kingsport Renaissance Center</p> <p><u>HEALTH/EXERCISE</u></p> <p><u>Personal Training with Chris</u></p> <ul style="list-style-type: none"> • Instructor: Chris Hicks • Available by the hour or as package • Contact Chris (423-741-5643) 	<p><u>***Pound Fit</u></p> <ul style="list-style-type: none"> • 6 weeks • \$30 • Instructor: Darlene Taylor • Tuesdays 5:30 • Location: Renaissance Center Gym <p>Exciting new aerobic exercise class using pound drum sticks. Drum sticks will be available for purchase</p> <p><u>Zumba Fitness</u></p> <ul style="list-style-type: none"> • 6 weeks • \$25 fee per session • Thursday, 5:15pm • Instructor: Becky Mills • Location: Lynn View Community Center, Cafeteria <p><u>Piloxing</u></p> <ul style="list-style-type: none"> • Tuesday, 6:00pm • Instructor: Becky Mills • Limited to 15 participants • Location: Kingsport Renaissance Center • \$30.00 payable first night of class <p><u>DANCE CLASSES</u></p> <p><u>Beginning/Intermediate Line Dance</u></p> <ul style="list-style-type: none"> • 8 weeks class • Fee: \$25 • Instructor: Lyna Faye McConnell • Thursday, 6:30pm - 8:30pm • Location: Lynn View Community Center <p><u>Salsa Dance (Beginning Oct 14)</u></p> <ul style="list-style-type: none"> • 4 week class (8 classes) • Tuesday and Thursday • Time: 1:30pm • Room 302, Renaissance Center • Instructor: BJ Goliday • Fee: \$20 per person paid to instructor <p>* Call for starting dates where not listed.</p>
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Kingsport Senior Center Art Show
October 1-29th, 2014

Area seniors are invited to feature their arts and crafts in a show in the 2nd floor Atrium Gallery: October 1st – October 29th, 2014.

WORKS ELIGIBLE ARE: DRAWINGS, PAINTINGS, SCULPTURE, PRINTS, FIBER ART, AND HAND BUILT CERAMIC WARE.

ALL ENTRIES MUST HAVE BEEN COMPLETED WITHIN THE LAST TWO YEARS. ONLY ORIGINAL WORKS OF ART WILL BE ACCEPTED. ARTISTS MUST BE 50 YEARS OF AGE. THIS IS A JURIED SHOW AND ALL JUDGING DECISIONS ARE FINAL.

****All artists assume the risk associated with showing work. Kingsport Senior Center and the City of Kingsport are not liable for any damage or loss****

AWARDS ARE AS FOLLOWS: 1ST PLACE--\$75; 2ND PLACE--\$50, 3RD PLACE--\$25; AND PEOPLE’S CHOICE AWARD--\$25.

ENTRY FEE IS \$5.00 FOR (3) THREE PIECES, ANY ADDITIONAL ENTRY WILL COST \$2.00 EACH PIECE. Payable in the Senior Center Office. PLEASE DROP OFF ARTWORK BETWEEN September 2nd-30th, 2014, 8 am-7pm, IN THE SENIOR CENTER OFFICE.

A reception recognizing artists will be held at 2:00 pm on October 24th.

REGISTRATION AND ENTRY FORM (Please Print)

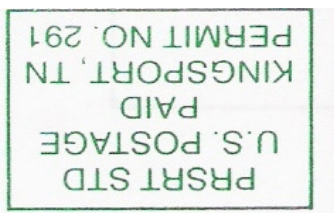
Name: _____

Address: _____

Phone: _____

ENTRY CATEGORIES:

Name of Piece	MEDIUM	Price
#1 _____		
#2 _____		
#3 _____		



**Kingsport Senior Center
1200 E. Center Street
Kingsport, TN. 37660
Phone: 423-392-8400**

veteran's Day Celebration

Tuesday, November 11, 2014

Cafeteria

1:00p.m.-2:00p.m.

FREE

**Light
refreshments will be
served**

Sign up begins October 1.